



cut along the
dotted lines

TRACK YOUR PACKS

Date:						
NO.	TIME	NEED		MOOD		
		? yes YES		😊	😐	😞
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Date:						
NO.	TIME	NEED		MOOD		
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USING PACK TRACKS

For every cigarette you light: Indicate how much you want that smoke. Check "YES" if you really want or need it, "yes" if it's a normal urge, or "?" if the craving isn't strong.

Then indicate the mood you're in. Check a:

- 😊 if you are feeling good
- 😐 if you're bored
- 😞 if you're tense, angry or upset

Thinking about quitting?
Ready to quit?

Get the support you need.
Visit www.QuitNet.com or
call **1.888.741.3390**.